

August 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Alpine Mobile Pantry 8:30am-9:30am	4 Descanso Mobile Pantry 9am-10am	5 Santee Food Bank 8am-11am	6 Santee Food Bank 8am-
7	8	9	10 Santee Food Bank 8am-11am	11 Guatay Mobile Pantry 10am-11am	12 Santee Food Bank 8am-11am	13 Santee Food Bank 8am-
14	15	16	17 Alpine Mobile Pantry 8:30am-9:30am	18 Descanso Mobile Pantry 9am-10am	19 Santee Food Bank 8am-11am	20 Santee Food Bank 8am-
21	22	23	24 Santee Food Bank 8am-11am	25 Guatay Mobile Pantry 10am-11am	26 Santee Food Bank 8am-11am	27 Santee Food Bank 8am-
28	29	30	31			

ALPINE COMMUNITY EVENTS

Alpine Mobile Pantry
 1912 Arnold Way
 Alpine, CA 91901

Every 1st & 3rd Wednesday

Descanso Mobile Pantry
 Descanso Branch Library, 9545 River Dr.

Descanso, CA 91916

Every 1st & 3rd Thursday

Guatay Mobile Pantry
 27521 Old Highway 80
 Guatay, CA 91931

Every 2nd & 4th Thursday

Bethlehem Food Pantry
 737 Grant Avenue
 El Cajon, CA 92029
Saturdays 8am-10am

For more events in your community visit:
WWW.SDCL.ORG

This Months Wellness Themes:

Children's Eye Health and Safety Month
National Immunization Awareness Month
National Breast Feeding Awareness Month

In Collaboration with:
 Mountain Empire Family Medicine
 1620 Alpine Blvd #111, CA 91901



SAN YSIDRO HEALTH

Agosto 2021

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
	1	2	3 Despensa de Comida Móvil Alpine 8:30am-9:30am	4 Despensa de Comida Móvil Descanso 9-10a	5 Santee Despensa de Comida 8am-11am	6 Santee Despensa de Comida
7	8	9	10 Santee Despensa de Comida 8am-11am	11 Despensa de Comida Móvil Guatay 10-11a	12 Santee Despensa de Comida 8am-11am	13 Santee Despensa de Comida
14	15	16	17 Despensa de Comida Móvil Alpine 8:30am-9:30am	18 Despensa de Comida Móvil Descanso 9-10a	19 Santee Despensa de Comida 8am-11am	20 Santee Despensa de Comida
21	22	23	24 Santee Despensa de Comida 8am-11am	25 Despensa de Comida Móvil Guatay 10-11a	26 Santee Despensa de Comida 8am-11am	27 Santee Despensa de Comida
28	29	30	31			

EVENTOS COMUNITARIOS

EN ALPINE

Despensa de Comida Móvil Alpine
 1912 Arnold Way
 Alpine, CA 91901

Despensa de Comida Móvil Descanso
 Descanso Branch Library, 9545 River Dr.
 Descanso, CA 91916

Despensa de Comida Móvil Guatay
 27521 Old Highway
 737 Grant Avenue
 El Cajon, CA 92020

Santee Despensa de Comida
 9715 Halberns Blvd
 Santee, CA 92071

Visite los siguiente sitios para ver mas eventos en su comunidad :
www.SDCL.org

En colaboración con:
 Mountain Empire Family Medicine
 1620 Alpine Blvd #111, Alpine CA

Mes de concientización sobre:

Mes de salud y seguridad de los ojos de os niños
 Mes nacional de inmunización
 Nacional de lactancia materna



**SAN YSIDRO
HEALTH**